



# Cultural Adaptation Dynamics within Migrant Communities in Southern Africa: A Contemporary Perspective

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## Abstract

Cultural adaptation within migrant communities in Southern Africa is a complex phenomenon influenced by historical migration patterns and current socio-economic conditions. The analysis relies on qualitative research methods involving interviews with community leaders and members to understand cultural adaptation dynamics. This study highlights the multifaceted nature of cultural adaptation within Eritrean migrant groups and underscores the importance of recognising these diverse approaches for effective community support. Future research should consider longitudinal studies to track changes in cultural practices over time, providing a more comprehensive understanding of long-term adaptation processes.

**Keywords:** *Southern, Eritrean, Diaspora, Resilience, Intercultural, Migration, Integration*

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